



UNIVERSITY OF  
CALGARY

# Discover Your Self Care Wellness Workshop

Student Wellness Services

# Acknowledging the Land and the People

We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes

the **Blackfoot Confederacy** (the **Siksika**, **Piikani**, and **Kainai First Nations**), the **Tsuut'ina First Nation**, the **Stoney Nakoda** (the **Chiniki**, **Bearspaw**, and **Goodstoney First Nations**), and **Métis Nation of Alberta, Region III**.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River. The traditional Blackfoot name of this place is “**Moh'kins'tsis**.”

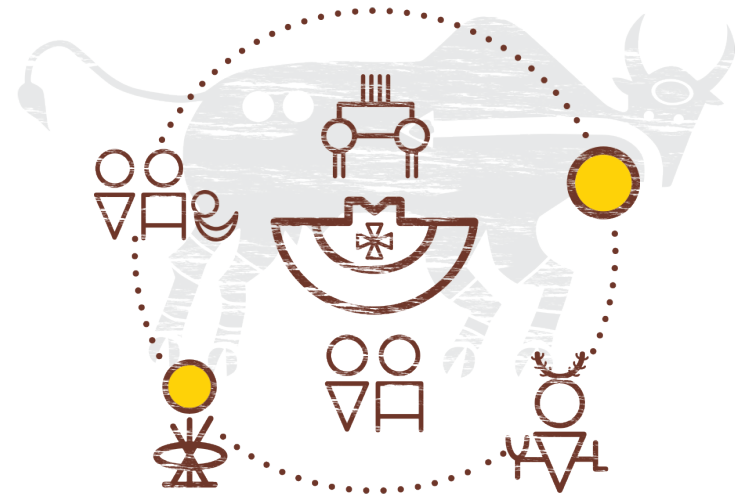


Image: The Cultural Model for the University of Calgary's Indigenous Strategy, ii' taa'poh'to'p

1. Understand the benefits of self-care and wellness
2. Explore some of your current coping behaviours-  
contemplate their effectiveness
3. Identify self-care and wellness strategies that are  
individual to you
4. Create and take your assessment and plan with you

## So... what exactly is self-care?



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Academic Culture

Financial pressures

Harsh inner critic

Uncertainty

Fear of failure

Seeking perfection

Personal Expectations

Loss of control

# What can lack of self-care look like?

## **Cognitive**

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

## **Physical**

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds

## **Emotional**

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

## **Behavioural**

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

# Why practice self-care?

Usually when life gets hectic self-care falls in priority, but self-care:

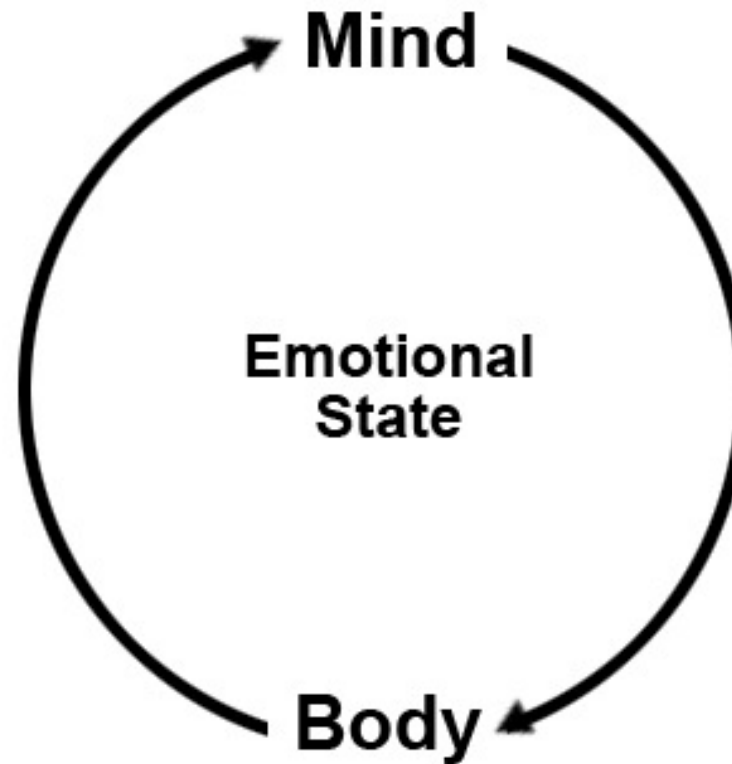
- ✓ Helps prevent burn-out
- ✓ Helps your relationships (with yourself too!)
- ✓ Makes you more effective with reduced stress

## BACK TO THE BASICS





# STRESS FEEDBACK LOOP



# SELF CARE PLAN

To manage stressful times, create a plan that covers 4 key areas:

- 1. Things to do when I'm stressed**
- 2. People I can contact**
- 3. Positive self talk**
- 4. Things to avoid**

# Creating a plan that works for you



# Things to Consider....

**Unhelpful coping strategies I would like to use less/not at all:**

Ex: Biting my nails

- 1)
- 2)
- 3)
- 4)
- 5)

**Barriers to maintaining my wellness strategies:**

Ex: Lack of time

- 1)
- 2)
- 3)
- 4)
- 5)

**When do I need to take a break?**

Ex. I yell at loved ones

- 1)
- 2)
- 3)
- 4)
- 5)

My Wellness Plan

“You cannot keep giving to others if you do not give to yourself, first. It is like pouring water from a vessel: you cannot pour and pour without ever refilling it - eventually it will run dry.” *Leslie K. Lobell*

## LOVINGKINDNESS PRACTICE

Through mindfulness, we can learn to shift into the **being mode**, where we fully focus our attention and awareness to experiences in the present moment. It can allow us to recognize our thoughts and judgments, and increase our ability to accept the present and, make conscious choices on how we would like to feel and react.



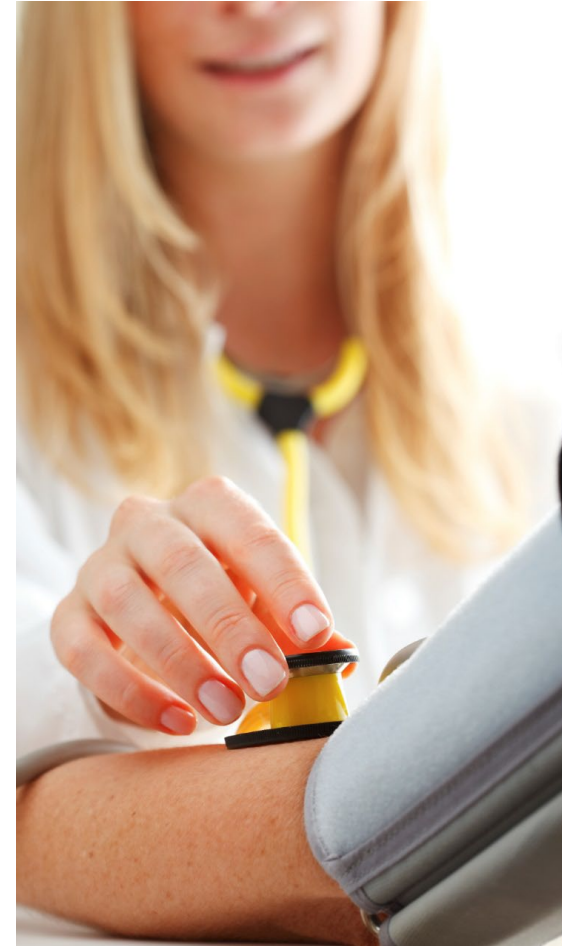
**Location:** 3<sup>rd</sup> Floor MacEwan Student Centre (MSC 370)

**Contact:** 403-210-9355 or [SWSmentalhealth@ucalgary.ca](mailto:SWSmentalhealth@ucalgary.ca)

**Hours** (during Fall and Winter term): Monday – Friday: 9:00 AM to 4:00 PM



- Family medicine for students Massage therapy\*
- Chiropractic services\*
- Psychiatry
- Travel Clinic and vaccinations
- Services available to students
- No cost for services under provincial health care plans





# Making a Mental Health Appointment with a Doctor

- Our counsellors cannot diagnose a mental health condition or prescribe mental health medication.
- You can book a specific “mental health appointment” with our physicians to inquire about a referral to psychiatry
  - You can also ask for a “mental health appointment” and our reception team will know what you mean!

- Single Session Counselling
- Brief Ongoing Counselling
- Coordinated Care / Case Management
- Groups
- Peer support
- Wellness workshops



- Single Session Model
- Virtual (Microsoft Teams) or In-Person
- 75-90 minute appointment within 10 business days of calling to book
- Registered Psychologists or Registered Social Workers at the Masters level
- Call 403-210-9355 between 9am – 4pm weekdays, or book online!
- Same-Day Urgent Support every weekday at 2pm
  - Triaged by Mental Health Client Coordinator
  - Appointments are taken by student support advising team (not counselling!)

- Student Wellness Services has a team of social work and nursing staff, all with different specialties
- Student Support Advising provides one-on-one support for students including coordinated care, case management, problem solving, working on goals, support, system navigation, referrals and much more

# Harm Reduction Support Advising

- Supports students experiencing challenges with substance use or behaviors to support in reducing risks and harms associated with substance use or process addictions
- Appointments are an active collaboration between the student and the support advisor, exploring strategies for goal setting, behavioral change, and organizing supports/referrals as needed
- Facilitates Safer Substance Use: Harm Reduction 101 training
- Contact Pending to book an appointment or for more information

# Indigenous Student Support Advisor

## **Student Wellness Services collaboration with Writing**

**Symbols Lodge** to support the wellness of Indigenous students in a way which allows for knowledge sharing and reduction of barriers to accessing mental health support.

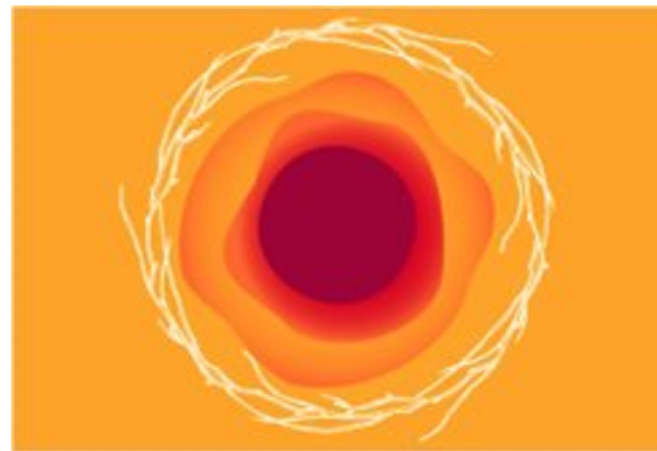
**The Indigenous Student Support Advisor takes a holistic trauma informed lens to every interaction to create relationships and form community.**

### **Coordinated care can include**

- Referral to counselling at Student Wellness Services
- Connection to cultural wellness supports
- Make a plan to address concerns academically, financially, personally
- Explore strengths and resiliency
- Goal management and accountability
- Offering supportive check-ins
- Knowledge and referrals to campus and external resources

### **Programs:**

- Indigenous Wellness Circle
- Managing Wellness in a Pandemic



## How we support students:

- Find positive ways to cope
- Improve personal functioning
- Enhance your strengths
- Increase confidence in your academic ability
- Make general improvements to your well-being
- Navigate systems on and off-campus
- Access culturally relevant wellness supports
- Goal-setting and achieving those goals
- Offering supportive check-ins as needed

To book an appointment contact **Jess Lopez**  
([jess.lopez@ucalgary.ca](mailto:jess.lopez@ucalgary.ca))



- The Neurodiversity Support Advisor provides support to students on the Autism Spectrum as well as students without a documented diagnosis. We will never ask you to disclose or prove your diagnosis.



Student Wellness Services



De Freitas, I. & Deutsch, S. (2017, April 30). Revolutionary approach to overcoming inner resistance to caring for oneself. *Thrive Global*. Retrieved from <https://medium.com/thrive-global/new-research-shows-we-can-teach-people-to-value-self-care-a267eb70221c>

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Withers, T. (n.d.). Self-Care Toolkit for University Students. Retrieved from <https://studentexperience.uwo.ca/docs/Self-Care%20Toolkit%20for%20University%20Students.pdf>